

BOUDOIR SESSION PHOTO IDEAS

There are so many opportunities to get creative with your boudoir pictures! Lingerie of various styles, shoes, and even an article of your loved one's clothing add dimension and possibilities. Different outfits, backgrounds, poses, and attitudes can all help to enhance variety and give you more pictures to choose from. Here are some ideas to get you started (and going through some lingerie catalogues and web sites can give you ideas and inspiration, too):

- | | |
|--------------------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Lingerie: incl. hosiery | <input type="checkbox"/> Sexy shoes |
| <input type="checkbox"/> Accessories: necklaces, bracelets, earrings | <input type="checkbox"/> Sheer fabrics & scarves |
| <input type="checkbox"/> His shirt, tie, boots, team jersey, football... | <input type="checkbox"/> Hat, gloves, and other props |
| <input type="checkbox"/> Costume: If the theme holds a meaning to you | <input type="checkbox"/> Bridal Veil for "Bridal Boudoir" |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> Shorts, skirts, and tops |

Which of the following best describes what you'd like your photos to look like? Think of the word you'd want to use to describe the photos you're looking to get. Would you like to be sexy, sultry, gorgeous, glamorous? Boudoir photography is about celebrating you and how you look when you feel your best.

Keep in mind that your session is limited by time, so a large number of outfit changes and background changes is not always possible. However, I will try to create a session plan so we can capture a wide variety of looks, while maintaining a cohesive style for your album. The choices you make here, and when consulting with us, will help define the session goals.

- | | |
|----------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Hi-Fashion | <input type="checkbox"/> Strong |
| <input type="checkbox"/> Showgirl | <input type="checkbox"/> Playful |
| <input type="checkbox"/> Serious and Sensual | <input type="checkbox"/> Coy |
| <input type="checkbox"/> Sexy | <input type="checkbox"/> Sultry |
| <input type="checkbox"/> Romantic | <input type="checkbox"/> Sophisticated |
| <input type="checkbox"/> Dreamy | <input type="checkbox"/> Dramatic |

Some General things....

MAKEUP:

- For boudoir, a more dramatic look tends to work best. False eyelashes usually enhance the overall look for the pictures, too. A professional makeup artist can advise you on getting just the look you want for your pictures. Bring a makeup kit and hair products along with you for touch ups.

HAIR:

- Again, I recommend styling that goes a little beyond your everyday look. Volume and style for sultry and/or playful looks.

WARDROBE:

- Bring clothing that makes you FEEL sexy, not what you THINK is sexy. Don't purposely go out and buy lingerie that doesn't make you feel comfortable or is over the top. It will read in your photos, on your face, and in your body language. The sexiest clothing items to bring are fall-off-the-shoulder tops, cropped soft sweaters, a man's button down shirt/tie, lacy lingerie, simple black and white bras/panties (they can pair with other things), sheer slips/teddies, anything vintage, stockings/thigh highs/soft over-the-knee socks, sexy heels and subtle jewellery and hair pieces/flowers. Layering items is always a good thing to keep in mind. Bring as many clothing options as you can.
- Try on the clothing you're thinking of wearing and look at yourself in the mirror. If you love the way it looks in the mirror at home, you'll like the way it looks in photos. *If you don't like the way it looks in the mirror, you won't like the way it looks in the pictures.*
- Bring something meaningful to you or your significant other; this serves as a great way to personalize your shoot. It may be lingerie you were given, for instance, or a vintage charm bracelet you found on a scouting expedition while on vacation.

SHOPPING:

- Visualize the clothing, sexy heels, accessories and props you will want to wear for your shoot. Flip through your favourite fashion magazines to discover ways to pair colours, fabrics and styles for easy runway glamour.
- Shop your wardrobe for the items you instinctively select when you want to feel (and look) your very best. Let your imagination roam!

- Grab a style-savvy and fun-loving friend and hit women's fashion boutiques to hunt down an ensemble that not only flatters your figure, but also makes you feel comfortable, unquestionably beautiful and relaxed.
- Don't buy something in a smaller size than you usually wear. You don't want lingerie to be pinching anywhere on your body. Stick to your usual sizing.
- Pick out lingerie that highlights your every lovely curve, but please remember sometimes a tight T-shirt, soft sweater or over-sized button-down shirt can be even sexier. Let your own personality shine through.

POSING:

- Look over some pictures that appeal to you (online, magazines, etc.) and practice a few poses and facial expressions that you might want to try.

Preparing for your shoot...

- If you wax, do so a few days before your shoot to avoid any bumpiness or redness.
- Make sure your eyebrows are nicely shaped and groomed.
- If you're planning to visit the salon for a haircut or colour, then give yourself a few days to make sure you are happy with it.
- Be sure to get a salon manicure and pedicure for a flawless finish. Getting nails, hair, and makeup done are a great idea. But trying a new facial peel or hair removal technique just before your session is not advisable. *Stay away from anything that might adversely affect the look of your skin.*
- Stay out of the sun – while a base tan will be nice in photos, red, blotchy skin will not.
- PLEASE – DO NOT SPRAY TAN.
- Drink plenty of water for luminous skin.
- Lower your salt intake and avoid alcohol if you're worried about retaining water.
- Try on your outfits and lingerie to make sure they fit properly; remove all tags and labels. Steam or iron your ensembles and hang them properly so they keep their shape as you travel to the studio.

The Day Before Your Shoot...

- Bathe, shave and moisturize. Be careful because stubble can really ruin a “smooth” look, so prepare accordingly.
- Check that you have removed ALL price tags, size & care labels, etc. from clothing, especially from lingerie and panties. They can ruin otherwise great photographs.
- Double-check everything is properly packed and ready for the shoot: heels, jewellery, accessories, props.
- Allow yourself plenty of time to get to the studio without stressing. Check weather and traffic reports to ensure you have allotted enough time for unexpected delays. When you don't feel rushed, you don't feel stressed. So, have everything ready to go well in advance, including hair and makeup. Then you'll have the luxury of taking your time, with no worries.
- Enjoy a relaxed, quiet evening.
- Plan for a good night's sleep – eight hours is ideal.

The Day of Your Shoot...

- Age Verification: Please bring a valid photo ID (Driver's License).
- Get rest, drink water: Everyone looks better after getting the proper rest the night before. Water helps add life to your complexion.
- Use clear deodorant please. Light or no perfume.
- Wear loose-fitting clothing to your session to avoid red marks on your skin (no jeans, tight socks or tight clothing, for instance).
- Come to your session sober: You'll want to feel relaxed and confident for your session. However, being the star of your own photo shoot takes a fair amount of concentration and effort. The photos just won't look right if you're not totally coherent and not able to take direction properly.
- Eat something light but filling before you leave the house.
- Arrive with a clean and moisturized face and clean hair
- Bring some music if you like – USB
- Go into the session with a really open mind and a positive attitude. Even with a positive attitude, no one goes into a session saying, "I look good and I'm ready to do this!" No one feels natural

about "looking sexy" at first. Everybody's a little nervous. Trust that the photographer you're working with will make you look the best they can make you look. You're being transformed into a supermodel for a day, so celebrate that moment.

- Do push yourself to go a little bit outside of your comfort zone during the shoot. Some girls think they will stay totally covered up during the entire shoot. Of course, you can if you want. But many girls, once they are in the swing of it and having fun, decide to get a little risqué. I am all about making your photos tasteful and classy, but also creating something that you (and your partner) will LOVE. Some of the best shots come when you let down your guard a little.
- You can be a Flirt! Move like you can barely contain your desire. Move your hands along your body languidly. Look at the camera with a teasing glint in your eye – let your inner naughty girl come out to play.
- If you are taking off your clothes, Tease, do it slowly and take your time between each piece. Enjoy yourself! Teasing out your movements is not only more sensual, it gives me more time to catch a pose you will like.
- Most important: Take a deep breath and RELAX. It's completely normal to be a wee bit nervous before your shoot, but please don't worry because you will be in very good hands. We will show you exactly how to pose and work with you to get the perfect shot.